

# Health Mentors

# Newsletter

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## Dear Health Mentors,

As the chilly winter air rolls in, our Health Mentors visits have come to an end for the fall semester! Thanks to all of you Mentors, the first and second year students involved in the Health Mentors Program had memorable but different experiences.

First year students met their Health Mentors for the very first time - a very exciting introduction to the program! The teams asked the Health Mentors a lot of questions about health, medical history, family, and social lives. We are very fortunate to have Mentors who are easy to talk to and get to know.

Second year students reunited with their Health Mentors, but in an unfamiliar place this time: the Health Mentor's home. This was an exciting experience because it allowed the teams get to know their Mentor on a more personal level. It also helped the teams look for ways in which to improve the Health Mentor's safety and well-being. We are thankful that you were all so accommodating, welcoming us graciously into your homes. We hope you learned some good tips on how to stay safe.

We would like to like to extend a thank you from all of Jefferson's students for your participation in our teams. Without you, these unique learning experiences of the first and second year student teams would not be a possibility. We look forward to meeting with you again in the spring!

Take care and happy holidays,  
Jeffery Meeks, Pharmacy Student

And the Newsletter Editor Student Team:

Sarah Capponi, Medicine; Michelle Gorman, Occupational Therapy;  
Rachel Nesbitt, Nursing; Adira Riben, Occupational Therapy;  
Wendy Varner, Nursing; You Na Park, Medicine; Anita Modi, Medicine;  
Tracy Smith, Nursing; Jeffery Meeks, Pharmacy

# Cancer Screenings ( American Cancer Society )

Cancer Screening	Procedure	Frequency
Colorectal (Men and Women)	Fecal Occult Blood Test	Age: 50+ → 1x/yr
	Flexible Sigmoidoscopy	Age: 50+ → 1x/5yr
	Colonoscopy	Age: 50+ → 1x/10yr
Prostate (Men)	Prostate Specific Antigen Test	*Controversial, consult with doctor
	Digital Rectal Exam	*Controversial, consult with doctor
Breast (Women)	Mammogram	Age: 40+ → 1x/yr
	Clinical Breast Exam	Age: 20-40 → 1x/3yr
		Age: 40+ → 1x/yr
Cervical (Women)	Pap Test	Age: 21-29 → 1x/3yr
		Age: 30-65 → 1x/5yr with HPV test
	HPV Test	Age: 30-65 → 1x/5yr with Pap test

## What Health Members Love About Jefferson...

*An ounce of prevention is worth a pound of cure.*

*—Benjamin Franklin*

A. Riben, Occupational Therapy student

**Mr. Choseed** has been a Health Mentor since the program started. His favorite part of the program is “meeting some very fine young men and women.” He even went to one student’s wedding, and they still keep in touch, 6 years after they met!

**Mrs. Choseed**, also a Health Mentor, says, “we’ve enjoyed it.” She adds, “it gives young people a better idea of how the system works.” She likes being able to “give feedback about how patients view their doctors...it gives us a chance to vent.”

**Susan Moul**, another Health Mentor, has been with the program about 5 years. She says it is “a wonderful teaching experience for the students and a wonderful experience for the Mentors.” She most enjoys meeting the various students and learning about their “various personalities and specialties.”

# Cancer Screenings

A. Modi and Y. Park, Medical Students

Cancer screenings are important in order to detect diseases early and prevent them from getting worse. By making sure you schedule routine screenings, you can stay one step ahead of cancer and avoid potentially aggressive treatment measures to combat late-stage disease. Below, we have provided a list of cancer screenings to help you make more informed decisions about your own healthcare. Please talk about these screenings with your physician to choose a program that is right for you.

## Colorectal Cancer Screening

There are various recommended screening tests for colorectal cancer, performed at different intervals for both men and women over the age of 50. The Fecal Occult Blood Test checks for blood in three consecutive stool samples, and the Flexible Sigmoidoscopy involves a flexible, lighted tube through which a doctor looks at the lining of the rectum and part of the colon. If either of these tests are positive, a doctor should order a Colonoscopy to examine the lining of the rectum and the entire colon while collecting tissue samples.

## Prostate Cancer Screening

Screening tests for prostate cancer include the Prostate Specific Antigen (PSA) Test, which measures the level of PSA in the blood. PSA is a substance made by the prostate, and can be higher in men who have prostate cancer. A second exam, the Digital Rectal Exam, involves a doctor checking for lumps or changes in size or

shape of the prostate by inserting a gloved, lubricated finger into the rectum. There is much controversy over how often these tests should be performed, so men should consult their doctors to decide on a screening program that is right for them.

## Breast Cancer Screening

Mammograms, or x-rays of the breast, are the most accurate screening tests to detect breast cancer while it is early enough to treat. Some women also choose to have a clinical breast exam at a doctor's office, where a doctor uses his or her hands to feel for lumps or changes in size or shape of the breast.

## Cervical Cancer Screening

Cervical cancer screenings should not be performed for women under 21 or over 65 years of age, or for women who have undergone a total hysterectomy for reasons not related to cervical cancer. Those who have been vaccinated against HPV should still follow screening recommendations for Pap tests and HPV tests, in which cervical cells are sampled and checked for structural abnormalities and human papillomavirus (HPV), a virus that can lead to the development of cervical cancer. Women between the ages of 30 and 65 may undergo "co-testing" every five years, which includes both the Pap test and the HPV test. For more information, please visit the American Cancer Society's website at [www.cancer.org](http://www.cancer.org) or call 1-800-227-2345.

## Join the Health Mentors Program!

We have a variety of Health Mentors from all different backgrounds who are at least 18 years of age and are living with a chronic condition or impairment (high blood pressure asthma, heart problems, blindness etc.). If you know someone who may be interested, please have them call Sokha Koeuth at 215-955-3757 or email at Sokha.Koeuth@jefferson.edu.

Visit us on the Web: <http://jeffline.jefferson.jefferson.edu/jcipe/hmp>

## What Jefferson Loves About Our Health Mentors...

M. Gorman, Occupational Therapy Student

"I've learned how to apply my classroom knowledge to a clinical setting and see, first hand, the benefits of working with other disciplines to provide client-centered care. My mentor was friendly, informative, and helpful in guiding us through the process. I look forward to working with her and my teammates."

-First Year Occupational Therapy Student

"Meeting with my mentor has reinforced the connection between the lessons I have been learning in the classroom and the real world experience of working with a patient."

-Second Year Nursing Student

"This program has given my team our first taste of what being healthcare professionals is really about. As a first year student, barely one month into my education when I first met my mentor, I was not yet familiar with his chronic health condition. By the end of our first meeting, I not only knew all about his condition, I felt like I really knew him as well."

-First Year Physical Therapy Student

## Upcoming Spring Modules

### **Year One Module 2: Preparing a Wellness Plan**

For this module, students will come prepared to ask you questions about wellness, in areas ranging from physical health to intellectual wellness to spirituality. With your input, your team will develop a personalized Wellness Plan.

### **Year Two Spring Module 4: Self Management Support and Health Behavior Change**

For this module, students will ask you questions about your health behaviors and past experiences with behavior change. Please feel free to share any changes you have maintained or want to change relating to a healthy lifestyle. With this information, your team will complete Self Management Support Plan.